



Ross-Shire Voluntary Action Newsletter May 2020



Job Vacancies



Police Officer Recruitment Phone-In and Information Session

We are hosting a phone-in session for anyone interested in becoming a police officer in rural and remote communities in Highland and Islands Division.

We are actively seeking potential recruits from the Fort William, Lochaber, Skye, Western Isles, Orkney, Shetland and North Highland areas who are keen to serve their local communities.

Call us anytime between 10am-2pm on the following dates:

Tuesday, 5 May

Thursday, 7 May

Tuesday, 12 May

We can be reached on 01224 306 667 or 01224 306 685.

You can find out more about the recruitment process by visiting: <https://www.scotland.police.uk/recruitment/>



Healthcare Support Worker

Thera (Scotland) is looking for Support Workers in the Inverness/Highlands area.

Support Workers enable people with a learning disability to work, learn, live and manage their day to day lives.

Your role as a Support Worker will include:

- Helping people plan and organise their lives in ways that they choose
- Helping people to stay healthy and well
- Helping people to live safely in their own home. This includes keeping their home clean and safe, supporting them to pay bills and to make choices about daily living
- Supporting people who find it hard to be part of their community. This may include using transport, building relationships and using the local shops.

We will match you with people according to shared hobbies and interests, so that you can both enjoy doing things together.

Details:

- 39 hrs per week (shifts)
- Full time, Part Time & Relief Shifts available
- Previous experience in a Care role desired but not essential
- Driving license desired but not essential

IMPORTANT: To apply for this position, please complete the following online application - <https://www.thera.co.uk/careers/search-apply-jobs/online-job-application/>

About Thera: Thera is a charitable group of companies that has operated for 20 years, supporting people with a learning disability with a diverse range of needs.

Funding Opportunities

Covid-19 Emergency Funding Summary

INSPIRING SCOTLAND

Fund Name	£ Available	Funding Need	Apply	Status
Third Sector Resilience Fund	Grants 5K - 100K Loans from 50K	Funds to help to 'keep the lights on'	Eligibility checker and online form via SCVO	
CRRR	Grants 1K-5K	Practical support for people in need	Apply here via Foundation Scotland here	
Coronavirus Emergency Fund	Grants up to 10K Orgs with < £1m turnover	Critical funds to enable continuation	Apply to CAF here	
Youth Action Scotland Fund	Micro grants up to £500	Engaging young people during pandemic	Apply to YASC here	
COVID-19 funding programmes	Grants 1K-50K Bursary up to £2500	Arts individuals & organisations	Apply to Creative Scotland here	
Covid-19 Rapid Response Fund	Grants up to £1000	Faith Groups in need	Apply to Faith in the Community here	
Neighbourly Community Fund	Grants up to £400 for existing members	Food insecurity & community needs	Apply to Neighbourly here	
Community Support Fund	John Lewis Partnership £1M	Local support for the elderly & vulnerable	Apply via local store here	
William Grant Digital Fund	Re-grant orgs to adapt	Vol orgs: Digital equipment/costs	Email enquiries@scvo.org.uk	SOON
VocTech Now	Grants 10K-25K used in next 3 months	Vocational training providers	Apply to VocTech here	
SLF Coronavirus	Grants 5K upwards	Social challenges & improve lives	Apply to Standard Life Foundation here	
Rural Response Emergency Grant	Grants up to 2.5K	Farms/Rural Biz & Communities	Apply to Prince's Countryside Fund here	
Wellbeing Fund	Scottish Gov £50M	To reach the most vulnerable groups	Check progress at SCVO here	SOON
Supporting Communities Fund	Scottish Gov £40M	Small scale community resilience	Check progress at SCVO here	SOON

Inspiring Scotland has produced this advisory information to help third sector organisations navigate the current COVID-19 situation. We've done our best to ensure guidance is up to date, but as things continue to evolve, any action you take as a result is strictly at your own risk. Produced by Inspiring Scotland 03 April 2020



Tesco Bags of Help COVID-19 Communities Fund

The Tesco Bags of Help **COVID-19 Communities Fund** is open for not-for-profit community groups to apply for an **emergency £500 grant** to support their work with vulnerable groups in the local community. It will support groups who are doing things differently, or doing new things to support those needing help at this time.

There is a simple online application form, and awards will be made weekly.
For more details please visit <https://tescobagsofhelp.org.uk/grant-schemes/tesco-cv-fund/>

The Community Enabler team at greenspace scotland can help you apply <https://www.greenspacescotland.org.uk/tesco-bags-of-help-covid19-communities-fund>

Volunteer Opportunities—your chance to make a difference.

Highland Community COVID-19 Response



HTSI has launched a new website and helpline to support our local communities in dealing with COVID-19.

The Website is a new resource for community groups and charities in the Highlands. You can find the Community Response Register that we had on our own website, which can be viewed and added to. We are also registering volunteers on this site as well.

To further support the third sector we have also created a Helpline which will operate Tuesday - Thursday



covidhelp4highland.org



Highland Third Sector Helpline
Tuesday - Thursday | 10am - 4pm
01349 808022



COVID-19
Freephone Helpline
0300 303 1362

Providing assistance; and to collect details of individuals and community groups looking to volunteer.

Monday to Friday 8am to 6pm



Supporting older people who are isolated in our
community

Free Daily Morning Call Service

**We offer a daily morning telephone call service to any
older person in Inverness, Inverness-shire & Ross-shire
communities**

Tel: 07514494053

Email: info@morningcall.org.uk

www.morningcall.org.uk

Registered Charity SC049015



Giving blood is classed as

essential travel

GIVE BLOOD

WE'RE HERE FOR YOU

Chest
Heart &
Stroke
Scotland



Do you or does someone you know need help?

Whether you're feeling lonely and isolated or need someone to help with deliveries during self-isolation, our amazing volunteers are here for you.

From regular chats over the phone, to dog-walking, shopping or medication deliveries, our Kindness Volunteers are here to make sure you stay safe and well in your own home.

How do I get help?

Call **0808 801 0899** or visit **www.chss.org.uk/coronavirus** and our volunteer team will be happy to help in any way we can.



A264



Community Volunteers

*help us to provide vital support
to vulnerable people in our
local communities*

volunteer today:

highlandhospice.org/community-volunteer



Free Tech Advice



Supporting disabled people and older people

Our volunteers and helpline staff are all ready and available to help you stay connected and active online in these difficult times.

We can offer advice and support with a variety of tasks such as how to setup video calls to talk to family and friends, how to do online shopping and use other online services.

abilitynet.org.uk/contact-us

Charities and Coronavirus: An update from the Regulator

Free webinar.

7 May 2020 12:30 – 13:15

OSCR
Scottish Charity Regulator

Dingwall Food Share Point

MON - WED - FRI

2pm - 4pm

**Dingwall Scout Hall
Craig Road
IV15 9TN**

Free Pop-Up Shop

In Partnership with:



Monday - Milton Mercat Centre

Tuesday - Milnafua Hall

Thursday - Milton Mercat Centre
&
- Westend Community Centre

Friday - Milnafua Hall



12-3pm

Please take your own bag and abide by safety regulations in place.

Thanks in advance!



Boots



We are collecting donations of essential toiletries and baby products for **Dingwall Foodshare Point** and would greatly appreciate any donations from our customers. This could be a shower gel, toothpaste, face wash etc that will go to those who are in need. If you would like to donate, please put any items into the collection box at the healthcare counter which will be given directly to **Dingwall Foodshare Point**.

Thank You!



For all of my Deaf friends and colleagues that use BSL I just wanted to let you know that you can use Contact SCOTLAND-BSL service to request your replacement batteries or tubing.

The best numbers to use for this is 07795666647 (text only) or 01463 704 406 or you can email them on nhshighland.audiology@nhs.net

When going to appointments at Raigmore Hospital, Inverness, please be aware of this information;

The main entrance and the Out Patients entrance now have staff there between 7.30am and 8pm. They will be wearing masks. If you go to the hospital you will be asked some important questions, e.g. why you are coming to the hospital and some general health related questions. You will be asked to gel your hands and follow the social distancing set out (lines on the floor telling you which side you need to walk on). You may be given a mask to put on as well.

If you get an appointment to go to the hospital, contact the Communication Support Service to book an interpreter; communication.support@highland.gov.uk or 07884 731378

MAKE YOUR HOME A CYBER SAFE STRONGHOLD



Wi-Fi: always change the default router password



Install antivirus software on all devices connected to the internet



Review your apps' permissions and delete those you don't use



Choose strong and different passwords for your email and social media accounts



Back up your data and run regular software updates



Secure electronic devices with passwords, PIN or biometric information



Review the privacy settings of your social media accounts



Scotland's Citizens Advice

HELPLINE

0800 028 1456



Are young people volunteering in your organisation?

...And have you considered
registering as a Saltire Provider?

Saltire Awards is a special way of celebrating and recognising the volunteering achievements of young people in Scotland

What is it?

Saltire Awards is the **Scottish Governments national youth volunteer awards**. They celebrate, recognise and reward the commitment, contribution and achievements of young volunteers in Scotland, aged between **12** and **25**.

Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

Saltire Awards helps young volunteers to reflect on, capture and communicate their learning and development gained through their volunteering.

Who is it for?

Saltire Awards is for young people between the ages of **12** and **25** and who are volunteering for the benefit of the community or a good cause.

Saltire Awards is delivered in each local authority area by the local **Third Sector Interface** (TSI) They provide support and assistance on achieving and accessing the Saltire Awards.

To find out more information, or how to register your organisation, please visit:

<https://saltireawards.scot/>



Ross-shire Voluntary Action

W: www.rossvolact.org.uk  www.facebook.com/RossVolAct  www.twitter.com/RossVolAct
Scottish Charity No. SC006582 Registered in Scotland No. 234092
Registered Office: The Fin House, Brigend Business Park, Dingwall, Ross-shire IV15 9SL